

## Short Communication

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# Epidemiology and Toxicology Adversities

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**Epidemiology:** The study of the branch of medicine which deals with the incidence, distribution, and possible control of diseases and other factors relating to health. It has widely become known that most pharmaceutical medicines have many side effects that in time create malfunctions of the body as cellular-neuro-muscular-memory fails, and the body deteriorates biochemically.

Toxicology is the study of toxins created by chemical substances, illegal drugs, or alcohol, natural toxic substances, poisonous plants, or herbal medications. Toxicology is the study of how these toxins affect living organisms. This can include how the toxins affect physical and mental functions, and at what point they may cause death.

At sixteen years old, living in war-torn London, UK, I entered nursing to become a State Registered Nurse. To start, I had to work at a place called The Home & Hospital For The Incurables. The title alone made it clear that you would never go home. I watched my patients each weekend. They were miserable, ungrateful, lonely, and poorly treated. Nurses had no patience with them. I, being a psychic child, could feel their inner realities. Each of my female patients was traumatized by WWII as indeed I was. One has to remember that during that war, there were few levels of research going on in those days. The medications were simple, such as penicillin, hot oil body rubs, drips with glucose and electrolytes and any major surgeries done, were to remove body parts.

Surgery & medicine was considered simple, while anatomy was rarely paid attention to. So, if a patient was in pain, they were given aspirins. If they continued to complain, rant and rave; they were then given drugs to knock them out or sent to a trauma mental hospital where Lobotomies were done, or electrical shock treatments that were supposed to calm them down. What I saw was broken spirits, dribbling mouths, with a total relapse into a melancholic state of isolation and lack of sympathy or love. Yes, it broke my heart to see so much pain, but at the same time it stimulated me to find alternative ways to heal my patients.

Since I had been healing soldiers from my dad's army corps: The Suffolk Regiment, and been given an honorary membership for my healing the soldiers since I was five, I can say I was driven by those early years and my Spirit Guides to continue my healing skills in many new ways. I was literally a pioneer in the world

of Metaphysics. People thought I was a super-child. Obviously, I was to become a pioneer in the realm of alternative medicine and much more to come.

My interest in the brain grew rapidly as I learned more and more about the workings of the brain. However, little was known passed the physical named aspects of the brain. As I studied, I listen to my Spirit Guides who told me that everyone has a blocked Throat Chakra. I learned about all the Chakras, and in time, applied that mystical side of my life to the physical side of anatomy, especially the throat, solar-plexus and heart areas of the body. Everyone I say had what I called torn Chakras from their constant worry, fear, pain, anger and guilt, in not being more than circumstances allowed.

What I saw, time and time again, was the rational of consciousness, justifying each person's status. We had class distinction, races, daily life habits, worries about finances and family history and status. Everyone was fighting inside to be recognized for their value as a citizen. Since in those days there were no unions or organized ways to help those who were failing or falling fast into disrepute according to status, then more and more people, became traumatized by the societies in which we all lived in UK and Europe.

Being a Medium in those days, meant I could see the way people were thinking. I could understand their emotional discourses, their difficulties in surviving in a world full of traumas, from race issues, to politics, to hospital changes and the list went on. During those years medicine was simply given by doctors, or people bought vegetables and herbs to use them as an alternative; usually grandma's secret herbal remedy, often consisting of cabbage, onions, parsley, sage, thyme and ginger. I, like so many of the day, would consistently have lung infections, women's issues that no one talked about, since it was considered a private matter, so the doctor never got to talk about it, simply because he was a man. Women doctors were few and far between!

While I was now a Minister in The UK and also a healer, it allowed me to step outside the box. I awakened in myself, the understanding that channeling was the right way to gain a healthy reading, with advice from The Oneness. Yes, I even created "The Oneness" when my Spirit Guides told me all about it. I began to teach and heal my patients with astonishing results.

The first step was: The Laying of Hands. In the eyes of the church, that meant a blessing and a hope that God would heal the person. I learned that when I touched people, I created a wave of energy that transformed cells. I learned to see and know more about the Nervous System from my Spirit Guides. They allowed me to focus on the cellular-neuro-muscular-memory during my teenage years, during which time I worked to release my own blocked throat chakra and to realign my five bodies that make up my Aura. I soon understood that each of the Major Chakras rotated clockwise, with the central hub in each chakras rotated in an anti-clockwise direction. In this way the seven Major Chakras could entwine, rebalance the entire body and stimulate the Soul Structure Coding which has seven parts to it. This was an eye-opening awakening for me. Over the years, I have both read, educated, and taught my students to be able to read a person's Soul Structure Coding and explain the psychological and psychiatric sides of our positive and negative self.

See: The Rejection Syndrome Available on amazon.com

We, as individuals, must have conflict in order to grow spiritually, while in turn, creating friction in our environments to instigate changes from day to day. No two people see the world the same way. We all have our own p.o.v on what we see, touch, do etc. Once we understand that our physiological awareness is affected by everything we interact with, we clearly see that we are all affected by change. Change forces us by circumstances to adapt and transform ourselves. If we stay addicted to past history, then we get left behind.

It would be easy for us to reflect on the changes that have occurred over the last 100 years. Many seniors will say that life was not the same and try to bring back what was. The young ones of today want the changes and strive to embrace even more changes. With so many opposing alternatives that exist today, this world has become a confusing place to live in. Technology has provided a great deal of information with regard to medical research. We now know so much more about the states of our mental abilities and of course, there is a great awakening to understand The Oneness, Alien Encounter and with this input, we have readily accepted technology as the way forward, to embrace changes of this kind. We really delight in flying to the moon and back; and yes, we listen to all the blurb about the latest surgeries and medicines. We look at cancer as a challenge to heal self. Yes, we dive into more medications that the pharmacist offer us, and then we wonder why we have become sluggish, lazy, and mental suffering with Alzheimer's disease or Parkinson's disease.

I developed Parkinson's disease when I was 35 years old. I was the typical clinical patient of the day. I shook my head without any control, my arms and hands trembled constantly, and my emotional state was lost in misery. I had four uncontrollable boisterous boys, a drunk husband who gamboled and a load of patients who needed me to save them from themselves. Here I was needing to be saved by me. I clinically died. (If you want to know more about my life story, a copy of my book: My Journey Into The Oneness will tell all.) This was my crisis and the beginning of awakening to how to fix myself, and later, everyone else.

My discovery took me back to my birth. I had to reprogram myself as the me I wanted to be. The first thing I needed to do was to come off all my meds. The second thing I had to do was to have regular chiropractic realignment treatments. Here I need to explain that your brain has a position in the muscles, nerves,

and digestive system to parallel whatever is happening to you on the outside of your body. Yes, you focus on all that stuff out there, while never paying attention to the inner workings of your body; I had to deprogram my cellular-neuro-muscular-memory. To do that I used my Crystal Acupuncture Therapy every day for years to deprogram all the beliefs I had taken on at the suggestions of my parents, teachers, minister, and others. The summation of all that I was, was an amalgamation of my grandparents, parents, sister, relatives and friends. I had become all that they were. So, where was the real me?

At that point, My tremors were less, and I went to India. There I learned meditation Indian style which was more effective than my British ones. My hypnosis had worked well with my patients and so I decided to use it on myself. My motivation was to change the way I think. During that time, I was deleting the effects of all the medications I had been on, including the heroin derivative medication my doctor had given me to stop the trembling. He apologized profusely for not telling me what the drug was. I let that one pass by me since my struggles dealing with the heroin side effects was awful, but later it meant I could help my patients who were on street drugs to see their emotional, mental and spiritual states. By then I realized one has to heal the whole person. One could not just treat the symptom, since the symptom was often caused by the state of mind, relative to conditioning. My counseling session had become deep and long and the healing sessions even longer. Success! Yes! I changed the hearts and minds of many during those years.

You can now begin to understand that my life was leading me onward to understand so much more about the medical profession, the things they could not do, the bad things they could do with meds and the lack of support in understanding what makes a person click into the right way of thinking and being. I returned from India with a very great spiritual awakening! Though I did not readily accept the messages I had received in various ashrams, I was often called 'Master'. Upon my return to public life, I gave a talk. I asked everyone one of my 300 attendees if they accepted that I am a Master. Immediately, they all asked what I was master of? I replied Myself!

Today, with the way society has evolved, we all have been led down the wrong pathway. Science has moved quickly into a forward motion of cutting it out or off. Take as many pills as possible to protect the organs. Those medications destroy the organs and most of them eventually becomes addictive meds that created and affected so many malfunctions in the physical body. My hardest times in healing someone was to get them to realize that the drugs/alcohol they were taking were more harmful than if they had taken nothing. Even my own husband insisted on going on the meds to protect his liver, pancreas, and kidneys after his heart triple by-pass. I was astounded that he said he trusted the doctors more than myself. I would point out that I struggled with all the alternative ways to heal him, and in spite of the meds his doctors had him on, I was able to give him 16 more years of life. It was a battle. Today I am 81 and fit and strong. I practice what I preach and teach.

I have books written on my therapies: Breakthrough Therapies: Crystal Acupuncture & Teragram Therapy therapy and The Book of Crystal Acupuncturism & Teragramism Therapy Diagrams for a students to work oneself and family.

In order to help a person with a serious malady, one has to realize that all medical meds are toxic, causing side effects.

Then doctors give more meds to overcome the side effects and suddenly the body collapses and goes downhill to what may be the end of life. Just think of all those abreactions to the entire body all at once. Your brain runs wild with fear and worry. Your old mindsets come up and into play. You remember mother said, "The doctor has the magic pill to make you better." Well maybe so when we only had penicillin! Today, we have drugs we do not even know what is in them. They are poison to the human body. They kill the mind and Alzheimer's disease happens! Lately we have been introduced to alternative new plants that come from strange lands. Someone markets them as special, and everyone buys them at some extortionate price. Most of the herbs in them are supposed to be pure etc. But, how do we know, when there is no voice of authority to back the research, we hear about? Then we see all these amazing diets people recommend. I have had several friends die from some of these diets. So, who is right! Who know best! Most of the products available now at a very extortionate price are put together my chiropractors with a few medical docs who stand behind them. Again, what do we know about foreign fruits from places far away.

I have a theory my spirit guides told me. There was no cancer when we all ate foods grown in our own countries. Our bodies were conditioned by the types of meals we were given in our growing years. Meat and potatoes, vegetables, eggs etc. Suddenly, we have Italian, Korean, Chinese, Dutch and the list goes on of foods that we were not born to eat. Hence, we have toxin responses to all these foreign food we love to eat, Even if we take something to aid us in handling this type of diet, we rarely remember to cleanse our digestive system from all those foreign foods. No matter how careful we are, we need to cleanse at least twice a years. If we do not, we find our digestive system struggling and yes, the liver gets fatty, the insulin levels go wrong, and the kidneys struggle to cope.

Over the last 100 years, our world has transformed into a universal world. All countries are united either by war, salvation help, or funding of some sort. Those who manage our health insurances and imports etc. on medicine are not aware of the dangers of all foods, so they make decisions on one type of alternative pill and then block all the rest. If there is anything we need right now, it is young kids to learn about alternative medicine, healing foods and disciple in choosing what to eat. When I am shopping in stores these days, I see families including small children who are twice the weight they should be. They are eating preservatives that are toxic to our bodies. They rush to put in street drugs to dull the pain. They can't find enough money to buy the good foods, so they waste it on cigarettes instead. Parents are working and kids are doing drugs because they feel isolated and alone.

Some kids in foreign countries think young kids in Europe, American are really well off because they see these fat kids. I would categorically say, that though they starve with only rice and vegetables once a day, so long as they run and play, they will survive. While the kids that sit on a chair looking at a phone all day will not, as they check on the crap food they like while socializing on the phone. The phone is poison in my opinion !. So, what does all this wrong meds and foods do to us?

- We feel so fat and lazy we have no interest in activities.
- We get tired easily and become lazy.
- We do not actively move our bodies which prevents the digestive systems function.
- We pay out money for foods we eat and then throw them away because they make us vomit and have bouts of diarrhea

which ruins the small and large intestine, while stressing the liver and pancreas and later the kidneys.

- Even if we see someone die from these ways of life, people refuse to adapt and save themselves.
- Everyone today is unhappy and so they eat the chips, dips etc. Wrong foods.
- Mothers give kids snack to keep them quite, which create an imbalance in the digestion.
- Acidity flares and the fat build and we see wight gain.
- Most cannot sleep at night; worries keep them tossing and turning, while the wrong food inside cause gas issues.
- While I do not wish to make too much here about street drugs. We have had a very bad period over the last thirty years, where people have died from overdoses. Others are locked away in mental institutes; their brains now being retarded.
- Finally, alcoholics have a hard time letting go of their primary issue from childhood; Low self-esteem, worth and value plagues these children their whole life. Their perception is that they are not worthy to receive love. They believe they are a failure and will never ever be successful!

My last issue is adults taking advantage of kids, to sell drugs and get them high too. In spite of parents monitoring their own kids, kids lie and cheat and die. We need more videos and if anyone want to use, don't do it around children. which I do not approve off, The one good way to help your child, would be to teach all kids to not use or sell drugs. This is a big thing now. We know that many young ones are suicidal and desperate for love. We adults need to teach them from birth to be able to cope with life. That means not yelling, blaming, or punishing. It means from day one, as soon as you can, talk to your child and teach your child the right things to do with love and friendship, knowing that they can talk to you like a sister or brother. When children know they can discuss anything with a parent, they will grow up safe.

Last, the family issue is big. People marry and expect all to go well. Young marriages have never gone well. Back in 1600 women were baby factories. Today women are out there, ready to change the world, but unfortunately, we need millions to stand up and congregate to change the rules about medications and street drugs. Of course, there are drugs that are necessary during surgery and recovery. Once that is done, one should lean more toward nature and good diets. The body is made to be used and worked with grace and joy, with a sense of lightness of being. We all have a Soul Structure Coding. However, when I channel this for individuals it takes up to three hours or more to help a person see the error of their ways and to work with this coding that also brings them talents and skills from ancestors and Spirit Guides.

I like to think that my Spirit Guides are my team and that I will still be working the day I die, if only to be at peace with all that I have done. Throughout my life, my Spirit Guides have told me frequently that I have taught, helped, and healed millions, many whom I have never met. Some read my books, some write to me, and I write back, and some talk on the phone, while other come to my workshops, courses, listen to my radios shows, TV shows and the list goes on. Yes, I am a public figure and yes, I am grateful for all the turmoil I have witnessed. It has made me who I am.

There is no turning the clock back. But we can move forward with a marked desire to improve our medical systems, medications,

and alternative therapies and natural sources of plants to heal our bodies easily. We adults must teach the young ones of today. We must be living examples of health. Then we can seriously think about healing children in third-world countries to study these things online and get their interest in wanting to help their own country to rise up out of the dust of the past. We cannot conquer countries: we can give them our skills and talents, but ultimately a person has to want to become a living examples and believe in the 100th money, when everyone will realize they are what they eat!

Finally, Life begins at home. What parents, siblings, grandparents, friends, teachers, church members and clergy, schoolteachers, college teachers, salespersons, work employment people and the list goes on.... Every child is exposed to so many people

and those years in school and college are the years where peer pressure/bullying weighs heavily on the heads of kids. Yes, they need counselors, and friends to talk things through. Love will suffice, but not cure the issue. Good talks are vital if a child is going to be protected from their own lack of awareness and the harm that can happen if they don't learn to make wise choices. A lecture is not necessary. What is necessary is images of people dead from drugs or those locked up in mental institutes. A child needs to see what you are protecting them from. Kindness and Q & A is vital. If you lie to your child and secretly use; your child will know. They can smell you, hear you, see you in ways you may not realize. Yes, the generations born today are all psychic and know when you lie to them or avoid an issue. Be honest and truthful and share your lessons that show the true you and the great leader you can be for them to follow.

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